



# Healthy and Delicious: 400 Professional Recipes

*Sandy Kapoor*

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## **Healthy and Delicious: 400 Professional Recipes** Sandy Kapoor

"I don't think that people believe you can create healthy cuisine without losing substantial amounts of flavor or without going to great lengths. Sandy Kapoor is about to prove them wrong."—Stephen Fernald, Director of Education, American Culinary Foundation

Lighter, healthier foods that are no less tasty or attractive than fat and calorie-packed alternatives? Absolutely! And this book shows exactly how to create them. Here are hundreds of recipes for dishes that are low in fat, cholesterol, sodium, sugar, and calories, and at the same time, high in nutrients and fiber.

From enticing appetizers, soups, and main courses to delectable sauces, salads, vegetables, and desserts, these sumptuous recipes include dishes with strong ethnic influences as well as perennial favorites based on mainstream American cuisine. Ideal for both professional and amateur cooks, this book combines fine cooking with sensible eating—and does it deliciously.

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